

PRELIMINARY OPEN TRIALS AND SELECTION POLICY FOR 2022 ASIAN ROWING JUNIOR CHAMPIONSHIPS

INTRODUCTION

1. The HKCRA wishes to select the most competitive team (Men and Women) to represent Hong Kong in the 2022 Asian Rowing Junior Championships (ARJC) to be held in December 2022. In order to identify potential rowers who are not part of the current Hong Kong Junior Squad, all eligible rowers are invited to attend Open Preliminary Selection Trials to become part of the 2022 ARJC Squad.
2. The Trials are open to all eligible experienced Hong Kong Junior rowers - see Eligibility requirements below. All members of the Hong Kong Junior Rowing Squad currently training under the Hong Kong Sports Institute (HKSI) will be automatically entered into the Open Trials.
3. Rowers who are not currently Junior squad members may apply to enter the Trials via the following link: <https://forms.gle/9GaGgDgUwvZ8WB1cA>

Entry applications should be submitted on or before (July 17, 2022)

4. Selection and Training of athletes will be conducted by the HKSI Coaching Team under the guidance of the HKSI Head Rowing Coach.

ELIGIBILITY

5. To be considered for selection for 2022 ARJC, athletes should comply with the following eligibility requirements: -
 - A Junior rower for this event is one who *does not turn 19 before 1st January 2023*
 - Holds a Hong Kong Identity Card or Hong Kong Passport;
 - Has resided in Hong Kong for a continuous period of not less than 3 years at the time of joining the programme. *(The HKCRA may, in exceptional circumstances, vary this requirement. Holders of visitor's or student visas are not eligible under these rules) and;*
 - Shall agree to comply with all athlete training, testing and anti-doping requirements as set out by the HKCRA from time to time.

GUIDELINES FOR PARTICIPANTS

6. Rowers entering the Open Trials should be medically fit and capable of racing in single sculls and on the rowing ergometer. As a general guide, athletes who are not capable of achieving a minimum 2,000m ergometer time of 7m30s for men or 8m30s for women would be unlikely to be invited to proceed further.

Junior athletes, if selected, should be willing to commit to an intensive training programme as part of the Hong Kong Junior Squad which may include travel abroad for overseas competition and training when required.

All athletes should refer to the General Selection Policy documents published here - <http://www.rowing.org.hk/training-selection-pathway/>

OPEN TRIAL FORMAT

7. The Open Trials will take place in over the period from 21 July to 24 July 2022 Details of dates and requirements of the Trials will be communicated to all interested clubs and rowers. The trials will focus on **INDIVIDUAL PERFORMANCE** in single sculls (1x) and on the rowing ergometer and are likely to comprise the following: -

- Trial Day 1. (/ 21 July) RANKING TIME TRIAL IN 2000m Ergometer Maximum Test
- Trial Day 2. (24 July) 2K Water Trial - 2Km time trial in 1X (timed)

NOTES

- (1) Water trials will take place between 07:00 to 08:00 in the morning on 24 July 2022
- (2) Ergometer trial times will be confirmed by agreement.
- (3) 2Km Time Trial starting order will be based on the ranking from the 2Km Ergometer Trial.
- (4) The overall **FINAL TRIAL RANKING** for all athletes will be the sum of the times for ERGOMETER TRIAL + WATER TRIAL
- (5) For athletes selected to proceed further after Preliminary Trials, the process of crew formation and crew selection will begin immediately after the Trials.
- (6) All selection decisions will be taken by the designated HKSI coaching team and subject to endorsement by the HKCRA High Performance & Selection Committee. Any appeals against decisions taken on selection should follow the HKCRA Selection Appeals Policy.

BRIEFING

8. A Zoom briefing for all registered Open Trial participants will be held prior to the trials. Questions may also be directed to the HKSI Head Rowing Coach/HKCRA Technical Director at any time at (swrowingcw@gmail.com).

HKCRA High Performance & Selection Committee
8th July 2022